



# Healthy K.I.D.S. Newsletter

Knowledge Improving Diet and Strength

## ★ Food Group Fun ★

There are thousands of different foods, so it can be hard to figure out what you need to eat to stay healthy! Lucky for us, most foods can be divided into 4 kinds: **Carbohydrates, Fruits and Vegetables, Milk and Dairy, and Protein.** Each issue of Healthy K.I.D.S. talks about a different food group, so look out for the other issues!

### Fruits and Vegetables — Five a Day Is The Healthy Way!

Try to eat at least five servings of fruits and vegetables every day to stay healthy! Fruits and vegetables have lots of vitamins and minerals that your body needs.

They also have powerful "stuff" called **phytochemicals** (fight-o-kem-i-kals) which give fruits and vegetables their bright colors! Phytochemicals help your body fight off sickness and disease!!

Broccoli is a Super Vegetable! It's loaded with vitamins and minerals like vitamin A and C, and calcium!



*Color your plate* by choosing at least **2** different colored fruits & vegetables at every meal. Here are some ideas:

#### RED

Beets  
Cranberries  
Raspberries  
Red Apples  
Red Bell Peppers  
Strawberries  
Tomatoes  
Watermelon

#### ORANGE/ YELLOW

Cantaloupe  
Carrots  
Corn  
Mango  
Oranges  
Papaya  
Peaches  
Pineapple  
Sweet Potatoes

#### GREEN

Broccoli  
Cabbage  
Green Peas or Beans  
Greens (collard, kale, turnip)  
Kiwi  
Lettuce  
Spinach  
Okra

#### BLUE- PURPLE

Blackberries  
Blueberries  
Eggplant  
Plums  
Red/Purple Grapes

Can you think of some other fruits or vegetables to add? Write them in the blanks!

## Just Juice

## ★ Liquid Lookout ★

Lots of juice drinks are mostly sugar and water! Try to drink only juices that say 100% juice on the label.

Get an adult to help you make a fruit smoothie at home! In a blender, try mixing some fruit, like banana, strawberries or pineapple, with 100% juice and ice. You can even throw in some yogurt to make it creamy!

What's a grape tomato?  
It's a little tomato that is shaped like a grape — sweeter than a regular tomato, but just as good for you. They make a great snack!

Try eating carrots and tomatoes to get lots of Vitamin A! Vitamin A helps you see better and is good for your skin.



## The Sugar Detective

### Many foods have added sugar.

Too much sugar is bad for your teeth and can make you gain weight. You might not even know it's there, because sometimes sugar is listed under a different name on the label.

Can you tell which of the names below are really sugar? Be a sugar detective and look for sugar where it hides!

- honey
- canola oil
- aspartame
- dextrose
- soy lecithin
- lactose
- high fructose corn syrup
- molasses
- corn starch
- yeast extract
- karo syrup
- fructose

**NOT sugar:** soy lecithin, yeast extract, canola oil, corn starch and aspartame (an artificial sweetener). Everything else is another name for sugar!



## ★ Brighten Up Fast Food and Snacks with Fruits and Vegetables! ★

It's easy to add more fruits and veggies — even at a fast food place!

### Here are some great ideas:

- ★ Add lettuce, tomato, onion or pickle to your burger or chicken.
- ★ Have a salad with your meal instead of fries.
- ★ Order pizza with peppers, mushrooms, broccoli or even fruit. Or get a plain pizza and add some veggies at home!

- ★ Choose dried fruit like apricots, bananas, or raisins instead of candy.
- ★ Eat carrots or celery sticks with your lunch instead of chips.
- ★ Eat a piece of fruit for a snack.
- ★ Try dipping raw vegetables with low-fat dressing, peanut butter, or salsa.



# MOVE YOUR BODY

**What is exercise?** Exercise is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

- ★ Always have an adult nearby when you are warming up or exercising. Safety comes first!
- ★ It's important to stretch 5 – 10 minutes before exercise.
- ★ Make sure you stop, rest and drink water if you start to feel dizzy or queasy or have any pain.
- ★ Keep your body cool by drinking lots of water while you exercise.

Exercise every day to keep sickness away! Regular activity helps your body fight off germs.

## Kids Activity Pyramid

Choose from the following activities each week to have fun and be fit!

### By Yourself

- Dance to music
- Do cartwheels, sit-ups or jumping jacks
- Walk or jog to a friend's house
- Practice basketball



### With Other Kids

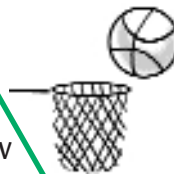
- Dance to music
- Play active games like catch or tag
- Join a sports team at school, sports club, or the park



### Cut Down On

- Watching TV and videos
- Playing computer and video games
- Sitting for more than 30 minutes at a time

*Tip: take a 10 minute activity break every hour while sitting*



### 2-3 Times a Week To Stretch and Get Strong

- Dance
- Yoga
- Karate
- Pull-ups and push-ups
- Sit-ups
- Swinging
- Tumbling
- Warm up exercises



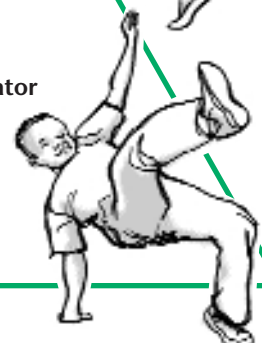
### 3-5 Times a Week Games and Activities (at least 20 minutes)

- Biking
- Jump rope
- Basketball
- Kickball
- Swimming
- Running or fast walking
- Baseball
- Flag Football
- Skating
- Frisbee
- Soccer



### Everyday (as often as you can)

- Play outside
- Take the stairs instead of the elevator
- Ride a bike
- Walk to the store
- Help around the house
- Pick up your things
- Take a walk



Adapted from the President's Council on Fitness and Sports.

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# ★ Activity Page ★

## Make Your Own Activity Pyramid

Think about the activities you do in a week. Use the Kids Activity Pyramid to match each activity to its box. Then, write or draw your activities in the pyramid.

### By Yourself

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### With Family

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### With Other Kids

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**Cut  
Down On**

Eating, TV,  
computer,  
video games

**2-3 Times a Week  
To Stretch and Get Strong**

**3-5 Times a Week  
Games and Activities (at least 20 minutes)**

**Everyday (as often as you can)**



## BOOKSHELF

Here are some books you and your family can find at the library or bookstore to learn more about nutrition and fitness!

- ★ The Science Chef: 100 Fun Food Experiments and Recipes for Kids, by Joan D'Amico.
- ★ 365 TV-Free Activities You Can Do with Your Child, by Steve and Ruth Bennett.

- ★ It's Disgusting and We Ate It! True Food Facts From Around the World and Throughout History, by James Solheim.
- ★ Healthy Eating & Physical Activity Across Your Lifespan: Helping Your Child (Tips for Parents), by the National Institutes of Health. Available free of charge by calling 1-877-946-4627.





## SPOTLIGHT



Ana, 12

*I went to a nutrition and fitness class at my school after the nurse gave me a physical and talked to me about my weight. She said I needed to learn how to take better care of myself.*

*I knew I was a little overweight, but I never really thought about it. In the group I learned what choices I could make to eat better and how important it is to exercise.*

*Also the word exercise used to make me think that it would be tough and hard to do. I learned that exercise can be fun and good for you at the same time. I used exercise bands to stretch and move and that was my favorite part of the class. I also learned that eating fruit and drinking more water is good for you and you don't have to eat low fat food or fat free food all the time to lose weight! Learning how to take better care of my body helps me feel better about myself.*

Ana

## Grown Up Corner — TV Turnaround

Too much TV can lead to poor learning or health problems like being overweight. Setting limits and keeping an eye on what your children watch can turn

TV into a way for the whole family to learn together. **Most doctors recommend no more than 2 hours of TV a day for children.**

### Tips for healthy TV watching habits:

- Let TV be a reward for good behavior. For example — No TV until homework and chores are done.
- Help your child to be active — limit time watching TV and playing video games to 2 hours a day.
- Help your child pick the programs he or she wants to watch.
- Talk with your child about what he or she watches on TV.
- Only turn on the TV when you are watching a program.
- Turn the TV off during meals.
- Choose one day a week for your family to be "TV Free." Instead of watching TV, play games, read, or go for a walk together.

Did you know that many kids in the United States spend more time watching TV every year than they spend in school?

## TV Magic — Pull an exercise out of a hat!

Turn your favorite show into a workout!



- Each player writes down an exercise, like jumping jacks, sit-ups or push-ups on a piece of paper.
- Fold the papers and put them in a hat.
- While watching TV, each person picks an activity out of the hat.
- During the TV ads, each player does his or her exercise until the ads are over.
- When everyone is done, fold the papers and put them back into the hat.
- Start over with the next ad!



## Healthy K.I.D.S.

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Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.

English and Spanish newsletters were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

For additional information, contact:  
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THE Children's  
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